

## **Mental Health and Wellness Journal**

This journal is for you to write reflections and thoughts as you proceed through the course readings. Many of the leading questions in this booklet will assist you as you complete assignments for the sections in the course.

Responses must be written using polished, complete sentences, unless otherwise directed. \*Polished means as error-free as possible, using correct punctuation, capitalization, and spelling.

### **Mental Health and Wellness Overview**

What do you hope to learn in this course?

Write about a time when you used stress as motivation.

[Bell Let's Talk Day](#) is traditionally at the end of January. If you were to write a social media post to promote it, what would you say? Remember to add hashtags if you are using Twitter.

## Unit 6, lesson 1: Resilience and Coping

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1. Which of the five main pillars of resilience do you feel is your strongest right now? Explain your answer using examples. (3 marks)
2. Which of the five main pillars of resilience do you feel you would like to work on? Give at least two realistic examples of how you can begin to work on this pillar within the next two weeks. (4 marks)

3. Out of the five videos provided on resilience, which one did you find most helpful for yourself? Explain your answer. (2 marks)

4. Everyone displays maladaptive coping skills at some point. What is a maladaptive coping skill you are aware of using in the past? What category do you believe this coping skill fits into, according to the course material? Explain your answer with examples. (5 marks)

## Unit 6, lesson 2: Resilience and Coping

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1. What are two ways you positively manage stress? Use examples in your explanation. (3 marks)
2. What is an area in which you would like to start developing in regards to managing your stress? Provide at least two realistic examples of what you can implement into your life or routine in order to do this. (4 marks)

## Unit 6, lesson 3: Resilience and Coping

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1. Develop a [Wellness Recovery Action Plan](#). (40 marks)

See the Wellness Recovery Action Plan for more instructions.

2. [Bell Let's Talk Day](#) is traditionally at the end of January. How would you change your first social media post now that you have finished the course? Compare this post to the one at the beginning of the course. Which one would be more effective and why? Remember to add hashtags if you are using Twitter. (3 marks)